

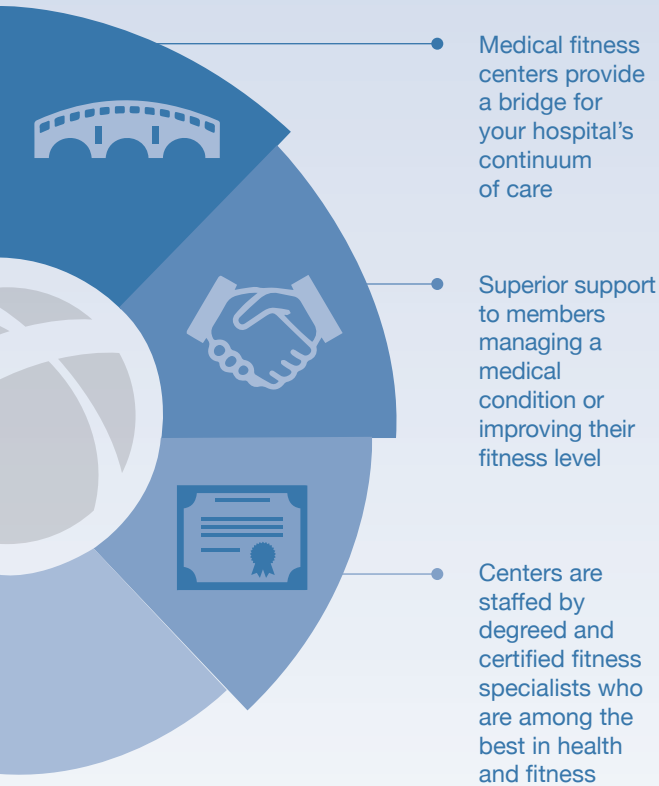
Medical Fitness Centers

What makes the difference?



How can your community benefit from a medical fitness center? Members of a medical fitness center experience a culture of health and wellness that reaches beyond transformational exercise. These facilities provide the seamless integration of medical fitness programs and wellness services with physical exercise.

▶ Changing lives through higher standards



\$117B PER YEAR
 SPENT ON HEALTH CARE DUE TO PHYSICAL INACTIVITY.
 THIS AMOUNT EQUALS A ONE-YEAR, \$50 GYM MEMBERSHIP
 FOR 60% OF THE US POPULATION†

▶ Equipment and amenities to support your patients and community

	State-of-the-art strength and cardio equipment		Specialty aquatic features such as warm water therapy pools
	Personal training, massage therapy and medical fitness classes		Environmentally friendly and cost efficient fitness facilities

80%

OF ADULTS DO NOT EXERCISE 150 MINUTES PER WEEK**

▶ Unique features of a medical fitness center

Center programs are tracked and overseen by medical professionals	•	Programs are focused on transferring patients from healthcare to wellness	•	Healthy lifestyle factors are introduced to patients along with exercise programs
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REGULAR PHYSICAL ACTIVITY CAN DECREASE THE RISK OF DEATH FOR OLDER MEN BY

40%^{†††}

▶ We're Here to Answer Your Questions

Find out how Power Wellness can position your organization as an innovative leader in fitness and wellness.

✉ inquiry@powerwellness.com

☎ 877.888.2988

📍 powerwellness.com



REFERENCES:

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